

Guidelines for Cooking Meat and Poultry

Thawing Frozen Products:

Never defrost food at room temperature. Put wrapped product in refrigerator and thaw completely. This process takes several hours. Or the item may be thawed in a watertight package under cold running water. For quicker thawing, use the microwave. Cook promptly after thawing.

Cooking Frozen Products:

Allow more time to cook. Example: If a fresh or thawed roast needs 2 hours to cook, a frozen roast the same size may need as long as 8 hours.

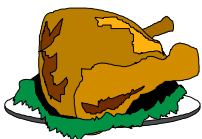
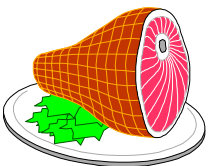
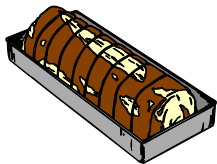
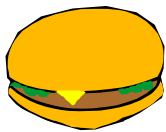
Cooking Leftovers, Pork, Poultry, Ground Meat:

Heat all the way through. If a thermometer is not available, ground beef should not be pink inside. If using a microwave, make sure no cold spots remain.

Using a Meat Thermometer:

Insert thermometer into the thickest part of meat—not in fat or touching bone. For turkeys, insert thermometer into the thick part of the thigh next to body of bird.

COOK TO TEMPERATURES SHOWN (Thermometer Inserted Into Meat)



FRESH GROUND BEEF 160°F

FRESH BEEF CUTS (Roasts, Steaks)

Rare 145°F

Medium 160°F

Well Done 170°F

FRESH VEAL 170°F

FRESH LAMB

Medium 170°F

Well Done 180°F

FRESH PORK 170°F

CURED PORK

Ham, Raw (Cook before eating) 160°F

Ham, Fully cooked, (To warm) 140°F

Shoulder (Cook before eating) 170°F

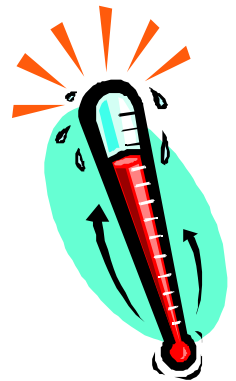
Canadian Bacon (Cook before eating) 160°F

POULTRY

Turkey 180°-185°F

Boneless Turkey Roasts 170°-175°F

Stuffing (Inside or outside the bird) 165°F



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